Re: Reducing Smartphone Use in Childhood

Dear Parents and Guardians,

We are writing to you as a group of schools in Enfield, with the support of Enfield Council.

This letter explains that, from September 2025, **Primary School aged children will not be allowed to bring a smartphone to school**, and that the new cohort of students joining **Year 7 at Secondary School will not be allowed to bring a smartphone to school** for the duration of their studies from Years 7-11.

We also ask that you delay allowing your child to have a smartphone at all until they are aged 14 or older, and to delay access to social media until they are 16.

Why have we made this decision?

Although there are many benefits, there is increasing evidence that smartphone use has negative effects on the wellbeing and mental health of young people, and poses a number of significant safeguarding risks. Smartphone use has been linked to impaired attention and focus, sleep deprivation, mental health issues, online bullying, exposure to harmful online content and people, increased risk of mugging, and increased loneliness and social isolation. We want young people to prioritise in-person interactions and to benefit from the stronger social skills, empathy and sense of community real-world interactions offer.

In many of our schools, mobile phone bans are already in place and children are protected from some of the issues outlined above. These risks remain outside of school. We encourage parents to delay allowing children to have a smartphone at all until they are aged 14 or older, and to delay access to social media until age 16.

If you feel your child needs a device for safety reasons, consider instead a phone without internet connectivity (a ‘brick’ phone), an Airtag or a fully locked down phone with no internet or communication apps installed.

We know that many of you are keen to delay giving your child a smartphone at the age of 11, 12 or 13, so we hope that the position we are adopting as schools will support you in your decision to ask children to wait until they are older to get a smartphone.

We hope that you will support us in our aim to make sure that your children are happy and safeguarded by being smartphone free.

Further Information and Resources

The following links lead to research and resources regarding mobile phone use and young people:

Keep Your Child Safe Online – Guide for Parents and Carers (Enfield Council)
(Online Safety | Enfield Council)

Keep Your Child Safe Online – Resources for Schools and Families (Enfield Council)
(Online Safety | Enfield Council)

Smartphone Free Childhood
(Smartphone Free Childhood)

House of Commons Committee Report
(https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html)

Unesco Report
(https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning)

Mobile Phones in Schools Guidance
(https://assets.publishing.service.gov.uk/media/65cf5f2a4239310011b7b916/Mobile_phones_in_schools_guidance.pdf)

Keep Your Child Safe Online – Poster (Enfield Council)
(Online Safety | Enfield Council)

Further information can be found in the 'Sources and Resources' section of ***Keep Your Child Safe Online – Guide***

Signed:

AIM North London
Alma Primary School
Ark John Keats Academy
Bishop Stopford's School
Bowes Primary School
Brimsdown Primary School
Capel Manor Primary School
Carterhatch Infant School
Carterhatch Junior School
Chase Side Primary School
Chace Community School
Chesterfield Primary School
Churchfield Primary School
De Bohun Primary School
Delta Primary School
Durants School
Delta Primary School
Eastfield Primary School
Edmonton County School
Eldon Primary School
Enfield County School for Girls
Enfield Grammar
Enfield Heights Academy
Eversley Primary School
Fern House School
Firs Farm Primary School
Forty Hill CE Primary School
FreshSteps Independent School
Galliard Primary School
Garfield Primary School
George Spicer Primary School
Grange Park Preparatory School
Grange Park Primary School
Hadley Wood Primary School
Hazelbury Primary School
Hazelwood Schools (Infant and Junior)
Heron Hall Academy
Highfield Primary School
Highlands School
Honilands Primary School
Houndsfield Primary School
Keble Preparatory School
Keys Meadow Primary School
Kingfisher Hall Academy
Kingsmead School
Latymer All Saints C of E Primary School
Laurel Park School
Lavender Primary School
Lea Valley Academy
Merryhills Primary School
Oakthorpe Primary School
Oaktree School
Oasis Enfield Academy
Orchardside School
Our Lady of Lourdes Catholic Primary School
Prince of Wales Primary School
Raglan Schools (Infant and Junior)
Raynham Primary School
St Edmund's Catholic Primary School
St Ignatius College
Salmons Brook School
Southgate School
Starks Field Primary School
St Andrew's CE Primary School Enfield
St George's Catholic Primary School
St John's CE Primary School
St John and St James CE Primary School
St Mary's Catholic Primary School
St Matthews CE Primary School
St Michael at Bowes CE Primary School
St Michael's CE Primary School
St Monica's Catholic Primary School
St Paul's CE Primary School
Suffolks Primary School
Tottenhall Infant School
Vita Et Pax Preparatory School
Walker Primary School
Wilbury Primary School
Winchmore School
Wolfson Hillel Primary School
Worcesters Primary School
Wren Academy